

Chicken Chili

Serves 6



Ingredients

- 2 large boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 1 teaspoon garlic powder
- Couple pinches cayenne pepper
- 1 teaspoon cumin

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 large brown onion, chopped
- 1 poblano pepper, chopped
- 1 jalapeno, minced (seeds and stem removed)
- ½ teaspoon ancho chili powder
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 2 teaspoons Kosher salt
- 2 bay leaves
- 6 cups chicken stock
- 1 pound dry white beans (cannellini), picked through for pebbles and rinsed well
- Juice of one lime

- For serving:**
- handful of fresh cilantro leaves, chopped fine
- A couple scallions, thinly sliced
- Shredded cheese of your choice
- Sour cream
- Tortilla chips

Steps

I use an insta-pot but you can do this in a large soup pot too. For the insta-pot version I complete step 1 using the "brown" option. I then add the seasonings, beans, water and stock and put it on "high pressure" for 33 to 35 minutes with a natural release. I then mash some of the beans and add the chicken in bringing the mixture to a simmer using the "simmer" option. Then I serve it hot with assorted toppings

If cooking the beans on the stove top, I would rinse and pre-soak them first overnight.

1. Preheat oven to 375°F. Lay chicken breasts (I cut them in half first to they roast faster) in a small baking tray/pan. Spray/brush with olive oil. Season with the cayenne, salt, garlic powder and cumin. Roast for 20-25 minutes - or until chicken is cooked through (165°F on a thermometer). Allow them to cool before cutting into 1-inch pieces.
2. Add olive oil, onions, garlic, poblano and jalapeno peppers to a medium size pot over medium-high heat. Cook until translucent - about five minutes.
3. Season with ancho chili powder, cumin, and oregano. Add the bay leaves, chicken stock and beans and bring mixture to a boil. Reduce heat to a simmer and continue cooking for a 2-3 hours or so until the beans are tender. Add salt and taste for seasoning. Remove the bay leaves before mashing half of the bean/vegetable mixture with a potato masher to thicken. Add the diced chicken and bring to a boil.
4. Add the lime juice. Ladle into bowls and serve with scallions, cilantro, cheese, chips and sour cream.